



# Dieter Rhonda Talks about Her Plan Z Experience

Our clients inspire us and we hope they will inspire you wherever you are in your Plan Z diet. Click on the link below to listen to Plan Z dieter Rhonda describe her experience on Plan Z.

In this interview, Rhonda shares her successes and setbacks.

Learn how she lost 45# very quickly and how quickly those pounds can come back if you don't follow the "rules" of ZReboot. Hers is a cautionary tale with a (spoiler alert) happy ending.